

AKT THROUGH COMMON COLD!

Its days are numbered as researchers crack genetic code!



Scientists uncovered evidence showing how the virus works

This gene coding is preserved across different viruses in the same family, which means the process can be used to stomp out the common cold.

The thrilling news means antiviral drugs could be developed to end a miserable condition that affects more than 2 billion

people every year!

Professor Peter Stockley at the University of Leeds says such a medication would have the same effect as pouring sand into a watch and adds, “Every part of the

viral mechanism could be disabled.”

However, doctors not involved in the project caution there’s more research needed.

“There is not one common cold virus. There are many, many different types,” warns Dr. John Tregoning of Imperial College London.

Despite the challenge, Reidun Twarock, a mathematical biologist at the University of York and one of the study’s researchers, is confident scientists are moving in the right direction.

“We are excited to make this crucial step forward,” says Dr. Twarock.

WHEN THE BODY’S FLUIDS RUN DANGEROUSLY LOW

DEHYDRATION is not just a matter of being thirsty — it’s a condition that can be deadly!

When you stop drinking water or lose large amounts of fluid due to illness or sweating, you can become dehydrated.

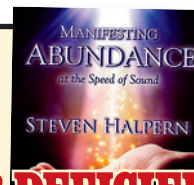
Early symptoms include muscle cramps, urine that’s darker than usual, dry eyes and feeling tired or faint.

The human body compen-

sates by reabsorbing moisture from blood and tissues, but in severe cases there will no longer be enough fluid to get blood to organs, which causes the body to go into shock — a life-threatening condition that requires immediate medical care.

Mild cases can be treated at home with rest and by drinking fluids such as water, juice or sports drinks.

**NATIONAL
Examiner
GIVEAWAY**



OVERCOME SLEEP DEFICIENCY & ENRICH YOUR LIFE

STEVEN Halpern’s CD, “Relax into Sleep,” features brain balancing music and delta range brainwave entertainment tones that quiet the mind and relax the body. The effective, drug-free musical solution relieves stress and offers a dreamy “pillow of sound” to combat sleep problems.

The “Manifesting Abundance” CD helps harness the power of your subconscious mind and align your intention with positive results.

We have five \$14.99 copies of each CD to give away FREE. For a chance to win, see page 58. For more information, visit www.stevenhalpernmusic.com.